

Soda Bread

Much quicker than ordinary bread and, of course, yeast free.
It doesn't keep for long though, I usually make this recipe into two smaller rounds and freeze one.

1lb (450g) Wholemeal Flour
1 teaspoon salt
1 Teaspoon Cream of Tartar
1 Teaspoon Bicarbonate of Soda
1oz (25g) Margarine or Butter or oil
½ pint buttermilk or sour milk(put 1 teaspoon lemon juice or vinegar in the milk to sour it)

Mix all the ingredients to a soft dough -you may not need all the milk depending on your flour. Knead lightly for 1 minute then pat into a round 1½ ins thick, cut a cross on top and bake on a floured baking sheet for 35 mins at 205 C 400 F, Mark 6. Lovely eaten hot.